

SEPTEMBER 2011 FREDERICK SENIOR CENTER ACTIVITIES

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
5 <u>CLOSED</u>	6 10:00-Blood Pressure 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Bingo</u> 12:30-Mah Jongg	7 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 12:30-Bridge/Pinochle 1:30-Line Dancing*	1/8 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 1 st -12:30- <u>Identity Theft/</u> <u>Scams/Fred Burton</u> 8 th - <u>Music by Gary Toms</u> 1 st -Bookmobile 1:30-Knitting	2/9 9:30-Strength Training 12:30-Canasta 9 th -12:30-Zumba Gold*
12 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	13 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Bingo</u> 12:30- Mah Jongg	14 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>MOW heels/Mary</u> 12:30-Bridge/Pinochle 1:30-Line Dancing*	15 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Music-Pete Baugher</u> 1:00-Bookmobile 1:30- Knitting	16 9:30-Strength Training 12:30-Canasta 12:30-Zumba Gold*
19 9:30-Strength Training 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	20 <u>10-2:00-PICNIC-MVP</u> Reservations by Sept.13 11:00-Strength Training 12:15-Chair Yoga* 12:30-Mah Jongg	21 9:00-Strength Training 10:15-Computer Dis. Group 11:00-M&M Exercise 12:30- <u>"A Time To Talk"</u> 12:30-Bridge /Pinochle 1:30-Line Dancing*	22 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Bingo</u>	23 9:30-Strength Training. 12:30- Canasta 12:30-Zumba Gold*
26 9:30- Strength Train. 11:00-M&M Exercise 12:30-Wheel of Fortune 1:00-Art Class	27 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>Bingo</u> 12:30-Mah Jongg	28 9:00-Strength Training 11:00-M&M Exercise 12:30- <u>"An Apple A Day/</u> <u>Kitty</u> 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	29 9:00-Quilting 11:00-Strength Training 12:15-Chair Yoga* 12:30- <u>"There's No Place</u> <u>Like Home"-Steve</u>	30 9:30-Strength Training 12:30-Canasta 12:30-Zumba Class*

FREDERICK SENIOR CENTER-1440 TANEY AVE., FREDERICK, MD. 21702-301-600-1605

LINDA MCGINNES-COORDINATOR 301-600-3525 WWW.FREDERICKCOUNTYMD.GOV/DOA

MEAL RESERVATIONS-DEB AYERS-301-600-1048-48 HOURS IN ADVANCE

HOURS-M-F-8:30-4:00

SPECIAL MEAL-SEPT. 22-STUFFED CHICKEN